

**NECK EXERCISER**

ABSTRACT OF THE DISCLOSURE

- 5           A neck and back exerciser including a cap-like device adaptable to being worn on a user's head. VELCRO attachment members mounted on the outer surface of the device engage similar VELCRO attachment members formed on confronting surfaces of a plurality of weights, allowing the weight to adhere to the cap-like device. The weights may be repositioned without
- 10 removing the cap by merely stripping the weights from the cap, repositioning and reattaching the weights to the cap. A weight belt may encircle the cap and provide pockets for supporting one or more additional weights. A weight support frame assembly may be mounted on the cap-like device with the frame including an adjustable band member adaptable to being rotated relative about
- 15 the cap to reposition any weight supported on the adjustable band.